

**ASHA RAMESH, RYT**  
**Yoga Instructor, Serenity Yoga Center**



Asha is a certified Hatha yoga teacher from The Yoga Studio in Boston. She is a registered 200 hour yoga teacher with the Yoga Alliance. She has been practicing yoga for over thirty years and teaching for the past ten years. Asha is originally from South India, the home to the Krishnamacharya Healing & Yoga Foundation which represents the living teaching of Yogacharya T Krishnamacharya. She lives in Massachusetts with her family, a Director in the Information Technology area by day, and a yoga teacher by night. Her plan for her yoga future is to work towards her 500 hour Kripalu certification.

Asha is dedicated to being a yoga teacher and has faith in the healing aspects of meditation, breath work and asana as one unit. She likes to talk and teach from the heart. She is influenced greatly by Barbara Benagh's slow flow and breath work during practice. She shares sensitivity to students' needs in her teaching. She believes that yoga is the only form of physical and mental exercise that offers multiplicity and variations. Hence a yoga way of living is suitable for anyone at any given point of time in their lives.

Asha has a philosophical approach to teaching and advises yoga practitioners to pause and listen to your body, then linger and breathe consciously. In her practice, she feels the need to be humble so that we are aware of the journey and not the destination. In line with this philosophy she applies various styles to her Hatha yoga teaching keeping it relevant to the needs of her students.

*"There is no 'one size fits all' in yoga. If one feels good from within, it will reflect on the physical self and will transmit the goodness to others. It is the greatest form of self-help that we can give ourselves. Anything that makes me aware of love, friendship, peace, harmony, strength, and courage, health and wellness is the ultimate elixir of life, and Yoga does it for me. I am hoping it will do this for more people than just me."*